

# Home Improvement Extension Service in Japan



1956



Japan is noted as a country of intensive farming. Since farming is managed by the family labor on a limited basis, farm management and home life is unseparable. It makes farm life more complicated. Als it keeps the way of home life quite primitive and so home work need a great deal of women's labor, too.

#### The aims Japanese Home Improvement Extension Service

To develop better farm  
home living

*Healthy living*

*Efficient "*

*Comfortable "*

To help farm people become  
self-governing.

*To think independently about  
their own problems develop better  
family living not only for them-  
selves but for the community*





We know the joy of work.

Though a day is rainy or windy, we work,  
And we enjoy to work and live on earth.

The motive power of our work  
Comes out of our home.  
Yes, it comes out of our happy home.

We should create in our home anew attitude  
To feel better and work through  
And to make it happier for the family.



# Living in Farm House

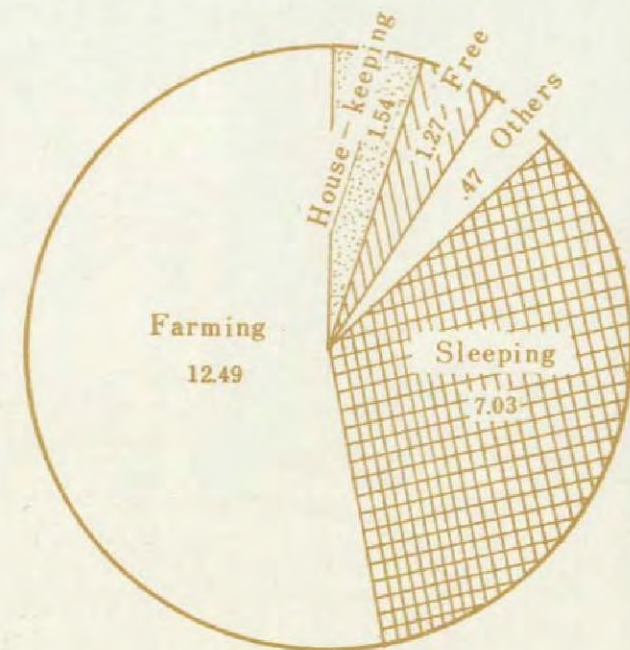
## — For Labor Saving —



A kitchen without any sink or cooking table. The earthfloor is used for the working place as well as for storage of crops. They waste fuel, times and energy by using inefficient Kitchen stove. The appreciation of their own living is practically none.

LIVING HOUR OF

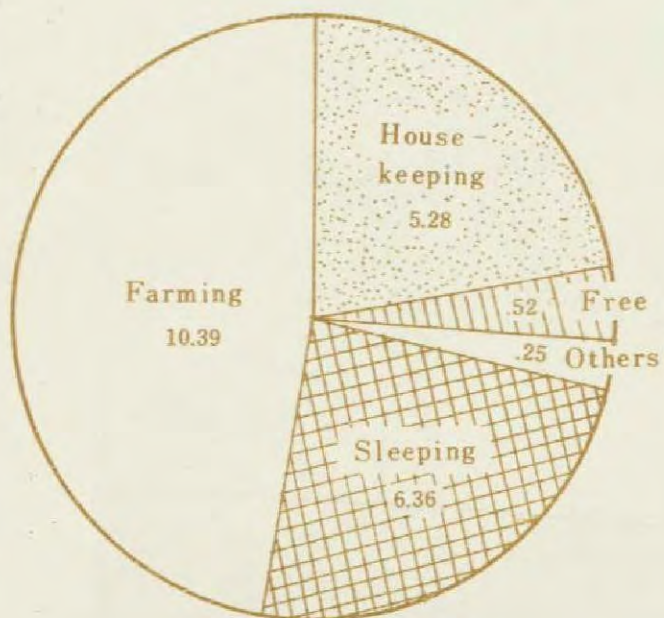
HUSBAND





## BUSY SEASON

### WIFE



From morning till night, farmers are working very hard.

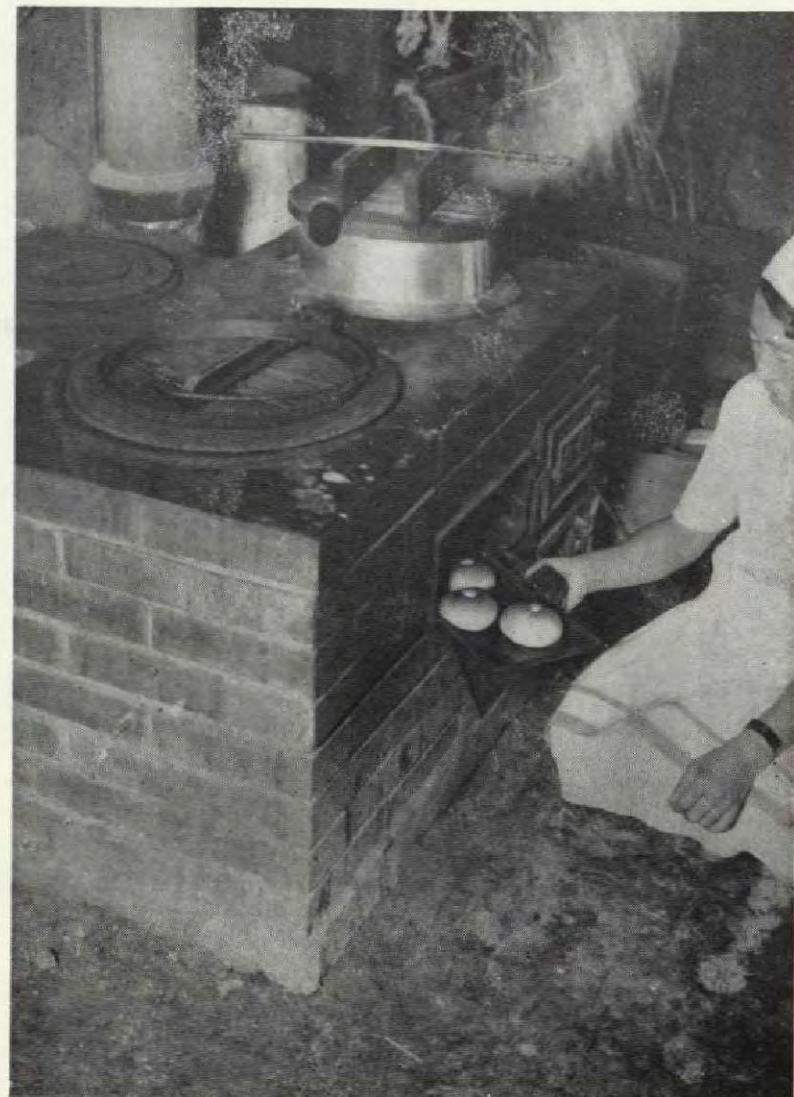
Inspite of long working hours in the harvest time and double folded posture their working clothes are not considered at all.





Just some nails and a board make a place easier for a house wife to work around in the kitchen and makes the room look neat and clean.

Some improved kitchen stove can even bake bread in its oven part.





## Effect of an improved kitchen stove

### 1. Shortening of time for cooking per day

(an example of yamanashi prefecture)

befor	after		
improvement	improvement	balance	per year
114 min	60 min	54 min	328 hour

### 2. Reduction of days for gathering fuel per year

(an example of Kumamoto prefecture)

befor	after	
improvement	improvement	balance
60 days	20 days	40 days

### 3. Economy of fuel expenditure (an example of Kumamoto prefecture)

befor	after		
improvement	improvement	balance	%
4237.5 kg	1762.5 kg	2475 kg	58%

It is more comfortable to work standing than squatting down.

The height of working surface and the posture of the worker affect the efficiency of the work and the amount of energy expended.





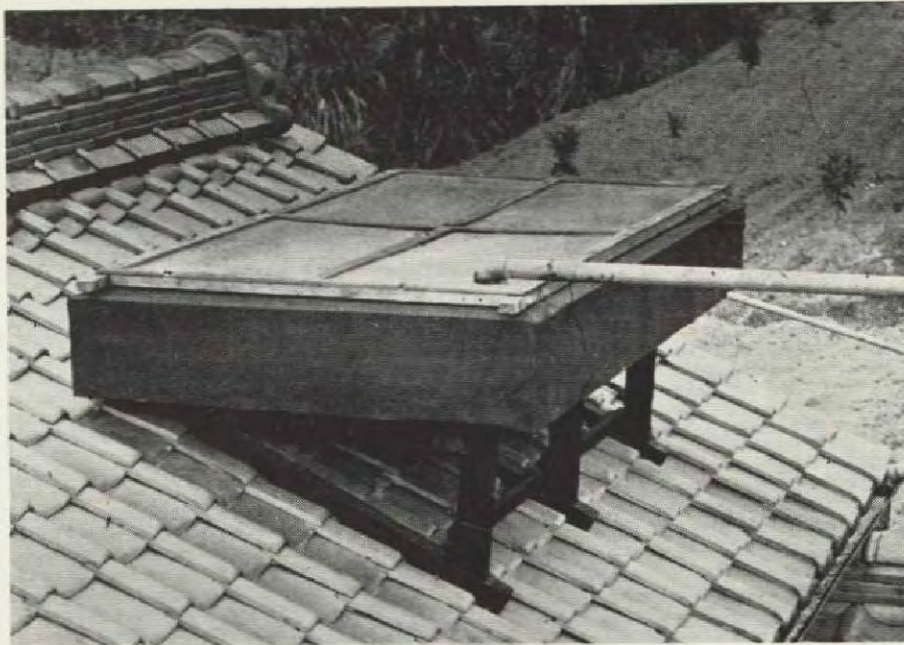


"I made my own working dress from the idea about which we studied together at the meeting."

"How wonderful! it quite suits you"

"It is very comfortable and suitable for work"





This water tank on the roof specially designed to use the solar heat. In summer the water in this tank is heated hot enough for a bath. It saves lots of energy for making hot water.

The members of a Home Improvement Practice Group make the funds by cooperative shipment of their eggs raised at home in order to make a simple water system in their village.





# - For Healthy Living -

Gloomy farm houses become unsanitary and disorderly. The picture shows a bed room and the filthy and uncomfortable beddings which are spread on the floor all through the year. This is the only place in the house where they sleep and rest to maintain their energy for the hard labor on the farm.



## EVERY DAY MEAL WHICH LAG

Menu		Num of tin
Break	Rice and cured green or pickles	11
"	Rice and cured green or pickles and bean-soup	6
"	Rice and Udon (a kind of macaroni with soup)	2
Lunch	Rice and Nishime (vegetables boiled with soy-sauce)	14
"	Rice and Bean-cured refuse or Bread	4
"	Same menu with the breakfast (Rice and Udon, cured green)	1
Supper	Udon and Rice, vegetables	8
"	Udon and Rice and low fish	1
"	Udon and Rice and pickles	3
"	Udon and Rice and Nishime	3
"	Udon and Rice or Bean-cured refuse	4



## F VARIETY AND NUTRITION

19 days record of some farmer's menus in a busy season in Saga prefecture.

The menu are almost the same in every meal.

Hope there are various kind of vegetables. It is poor menu to have the same kind of vegetables in every meal.

More than half of the side dishes in the menu during this period are only cured green and pickles or bean-cured refuse.

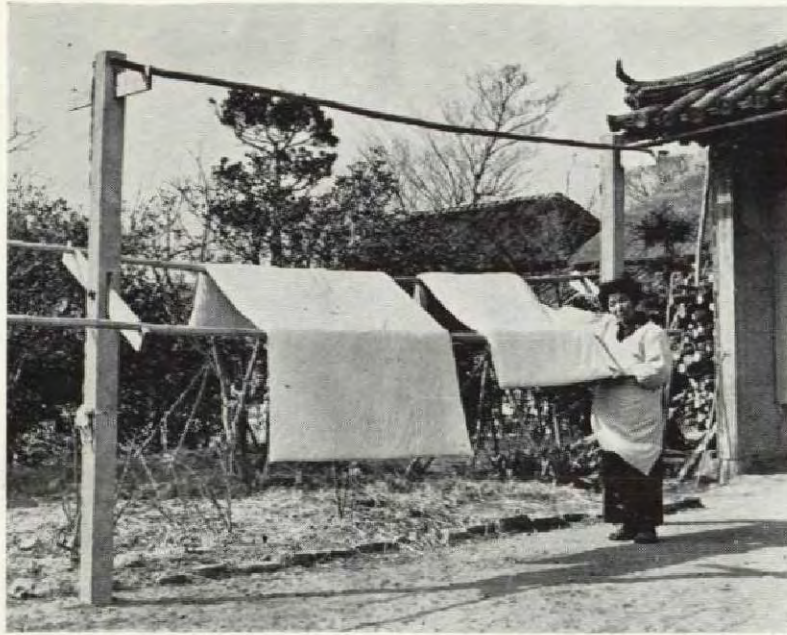
As they get poor meals during their busy season, their weight decrease and they are apt to get disease.

House wives are too busy with farming and house keeping so that they have no time to care for their babies.

The baby is left alone in such a small basket called "Izuko". "Izuko" is used especially in the northern part of Japan.







These movable and adjustable clothes-poles have been created by rural people.

The bedding is dried under the sun all day long on this pole. Dusted, clean and worm bedding gives them sound sleep.



During busy harvest season, the children who were left alone as the mothers are busily working on the farm, are gathered on a shrine-yard or a yard of farmhouse, for a temporal nursery.

The children are playing under the good care of the members of the youth group.

They are growing up healthily and safely. A girl is showing Kamishibai (picture drama) to the children.



How the menus of farm families  
have changed during the busy season

6/19	Break					
	Lunch					
	Supper					
6/20	Break					
	Lunch					
	Supper					
6/21	Break					
	Lunch					
	Supper					
6/22	Break					
	Lunch					
	Supper					
6/23	Break					
	Lunch					
	Supper					

- Cooked rice
- Miso (Soy-bean paste) soup
- Dried small fish
- Cured green vegetables
- Takuan (Sweet radish soaked in salt & rice-bran)
- Preserved cuttle fish
- Miso cooked with vegetable oil



During the harvest season of radish they eat only cooked radishes. While in the harvest time of potatoes they eat only cooked potatoes. Such unbalanced menus are being improved through cooking courses.





They prepared some preserved food combining soybean paste (miso) with vegetable oil, and fried sardine with vinegar, to provide for the busy season. Vegetables such as tomatoes, cucumbers, green beans, and fruits which would be wasted during the harvest time, are preserved. Farmers use them all the year around to have more balanced diet.

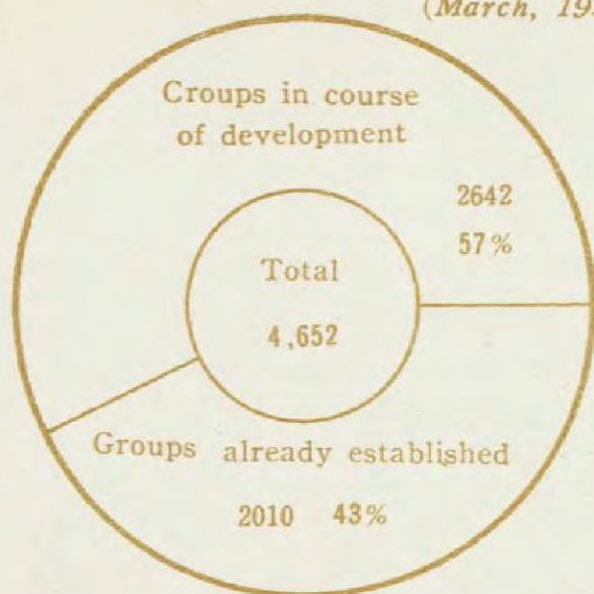
In a cooperative baking center in a village, farmers bake their bread by turns using their home produced wheat. This adds variety to their diet.



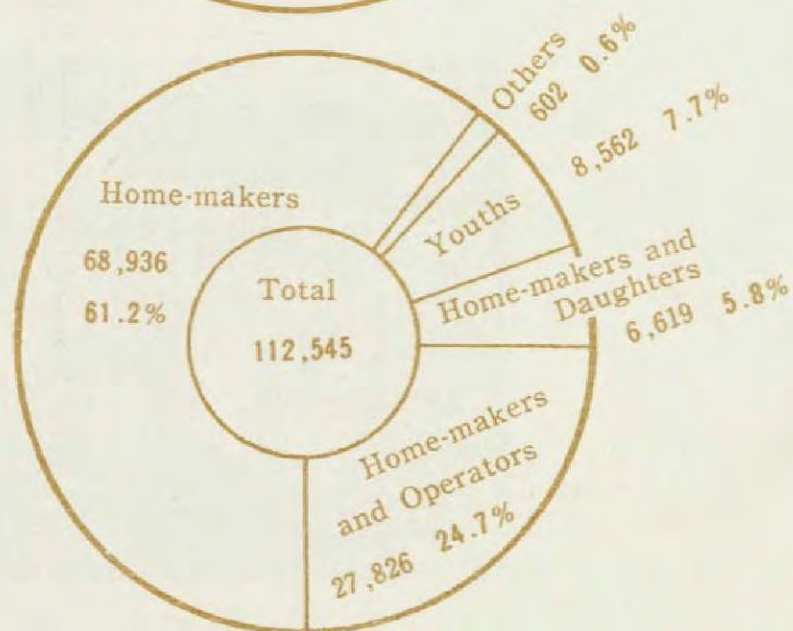


## Home Improvement Groups and Their Members

(March, 1955)



Number of  
members of a  
group is about  
five to thirty.



At the regular group meeting in each month the members discuss and evaluate their own problems and work toward the better living step by step. Working together makes them grow in developing the ability to express their own ideas and to take responsibility for their work. A home adviser is always with them as these regular meetings.





# Activities of

Home advises;

She discovers problems of farm-home-li  
with farm people, and discusses togethe  
with them for a better living.

She plans here daily work activities for each group and the community.  
She prepares materials for group meetings and makes reports of her own work.  
Some times, she gives advice to farmers who visit her office.

A home adviser pays the follow-up visit after the kitchen  
has been improved. She will give farther advice on other  
improvement projects.

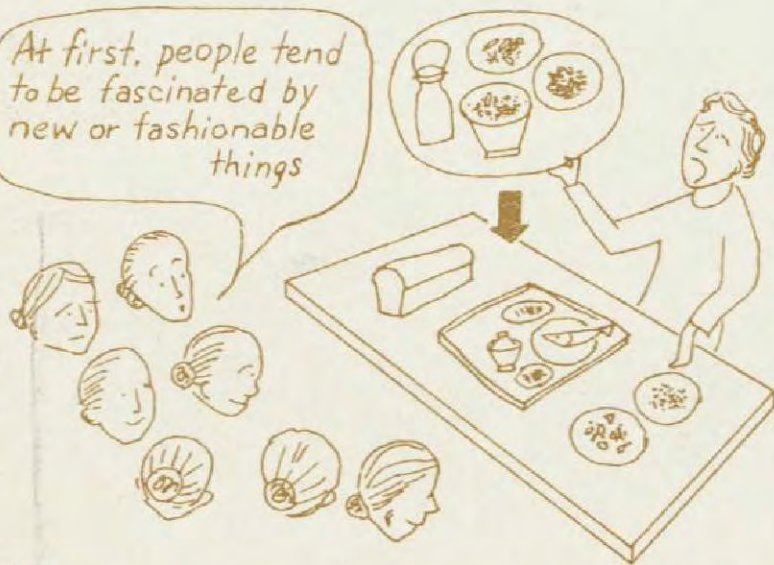




# 4 Home Adviser

Home adviser is  
always with farm families!

At first, people tend  
to be fascinated by  
new or fashionable  
things



But, a home adviser helps  
the people to acquire more  
practical techniques and knowledge.



Good morning A-san,

"Good morning"

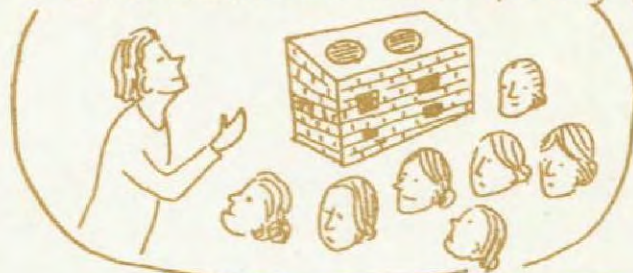
The home adviser who goes on her green bicycle,  
is a very good friend of farmers whoever, wherever  
they are.



Before attending the group meeting a home adviser examines carefully the farm situation and prepares various teaching tools and techniques combined so as the farmers can understand and learn well for their later use.



"Let's make a kitchen-stove-improving" group



"Let's make a work-clothes-making" group

The people begin to come together with purpose.



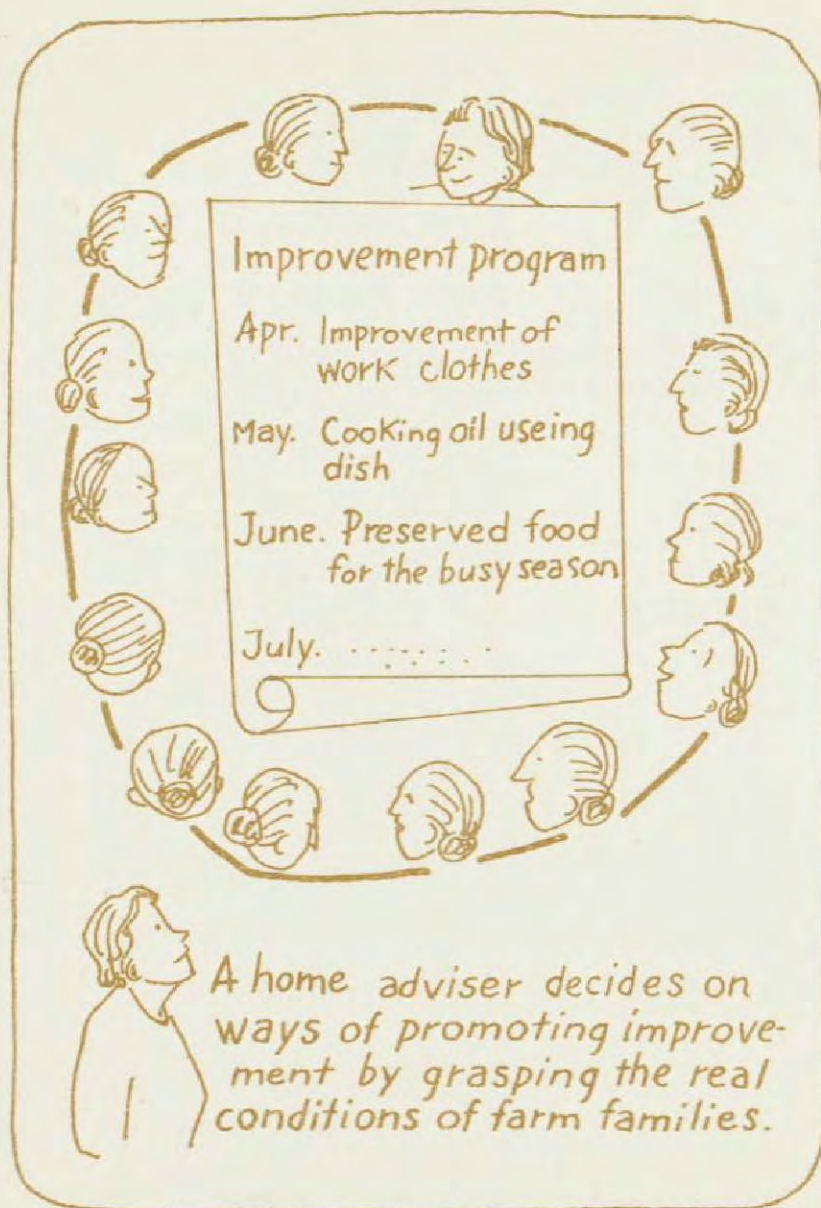
"Let's make a preserved-food-preparing" group



An adviser studies the various problems of each community and village.





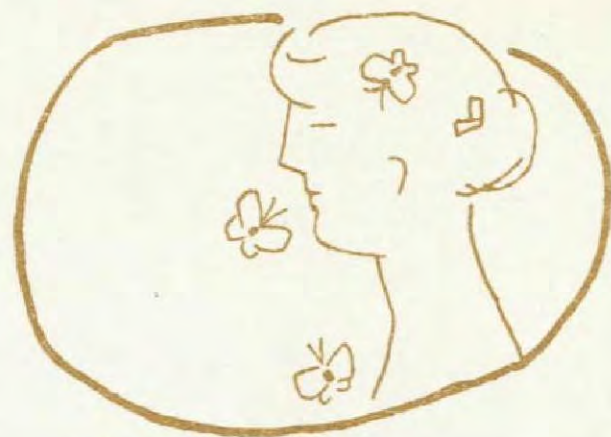


Which height is suitable for you —  
 “How to save steps and motions”,  
 “How to keep equipment in good condition”.  
 Home advisers are giving their practical advices to  
 farm wives individually.



The member of group bought materials together and made work clothes which meet their needs. They exchange their thoughts and comments.

The Home adviser is helping members to develop the ability to think by themselves to solve their problems and the good human relationship while she is helping groups.





We learned many techniques  
and still we have plans  
to learn more.

We have yearly programs  
drawn up by ourselves.

We manage our group meet-  
ings mainly by ourselves.

Each can do any  
group officers' job.

We have individual  
projects and we all dis-  
cuss the problems and  
experiences of each.



A home adviser helps every member:  
to make good use of her own  
character; to be courageous;  
to become the motive power  
for building up better villages.

Home adviser holds exhibits by finding out problems from every  
angle of farm living. Such exhibits help develop knowledge, interest  
and courage necessary for home improvement of farm families.





# *Jobs of a Specialist (in helping home advisers)*

A specialist helps home advisers, so that they may do better work on the field. Subject-matter specialist studies such techniques as are needed by farm people.

Extension method specialist studies more effective methods to approach people.



She gives advice to home advisers who bring her various problems for solution.



Some sample of experimentation are being conducted in  
Home Economics Experiment Houses.

Title	Statement	Result
<p>Arrangement of kitchen equipments for affecting the efficiency of the work.</p>	<p>As the efficiency of the work is depended upon the arrangement of a kitchen equipment, we need to know the way of arranging them.</p>	<p>The farther a steeper and a grain storage, a box of boiled rice and a pump become from sink, the more bength of line of movement and more time and energy are needed.</p>

Sample 1.



Creating work clothes suitable for each region.



Studing cooking time and cooking procedure.



# Title

# Statement

# Result

Effectives of water-repellent finishes on different kind fabrics.

Farmers want to have working clothes which are comfortable to wear in rainy days, therefore we need to know which fabric is suitable for water repellent finishing.

Among seven kinds of fabrics such as cotton gabadine, poplin, plain weaving, rayon and vinlon blend, linen, staple fiber, vinlon blend fabric and cotton gabadine have low absorbency. And the former has better resistance to water.

According to this test vinlon blend fabric and cotton gabadine are suitable for working dress in rainy day.

Making preserved food with hens.

Every year many hens are produced and so we want to know the simple way to preserve them for busy season.

## Chicken curry

Saute the ground chicken well with oil, add little water and salt (12% of chicken's weight). Another hand, saute the flour (same amount of chicken) and curry, ground garlic and ginger with oil. Add sauted chicken. Pack them in a sterilized jar. It can be preserved more than one month.

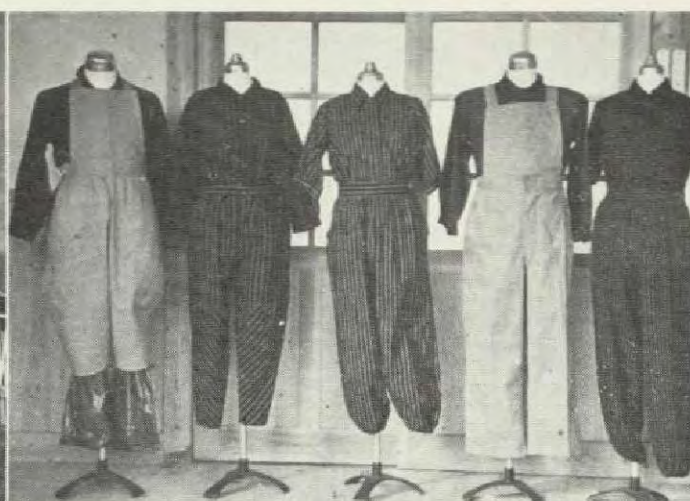


The experimental house is a source of techniques necessary for home improvement. A subject-matter specialist does an experimental work, a home adviser gets some practice, and farmers come to see some result demonstration there.

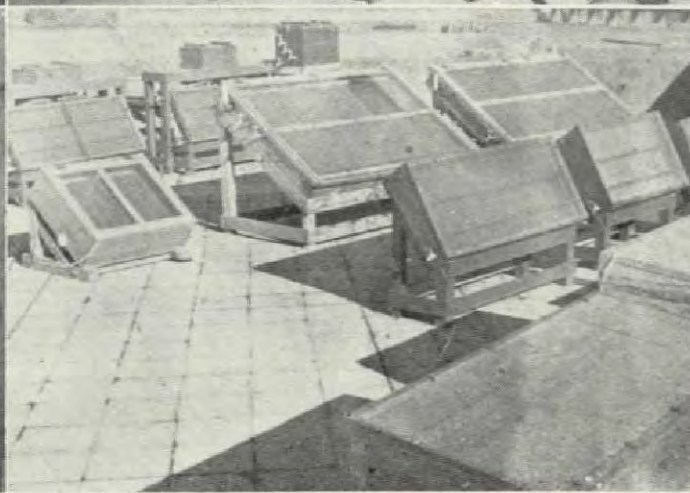
A view of an experimental house.



Various work clothes.



Various preserved foods.



Display and experiment of various types of solar heat water tanks.



An extension method specialist holds work-shop meetings for home advisers in order to solve their problems in their field activities.





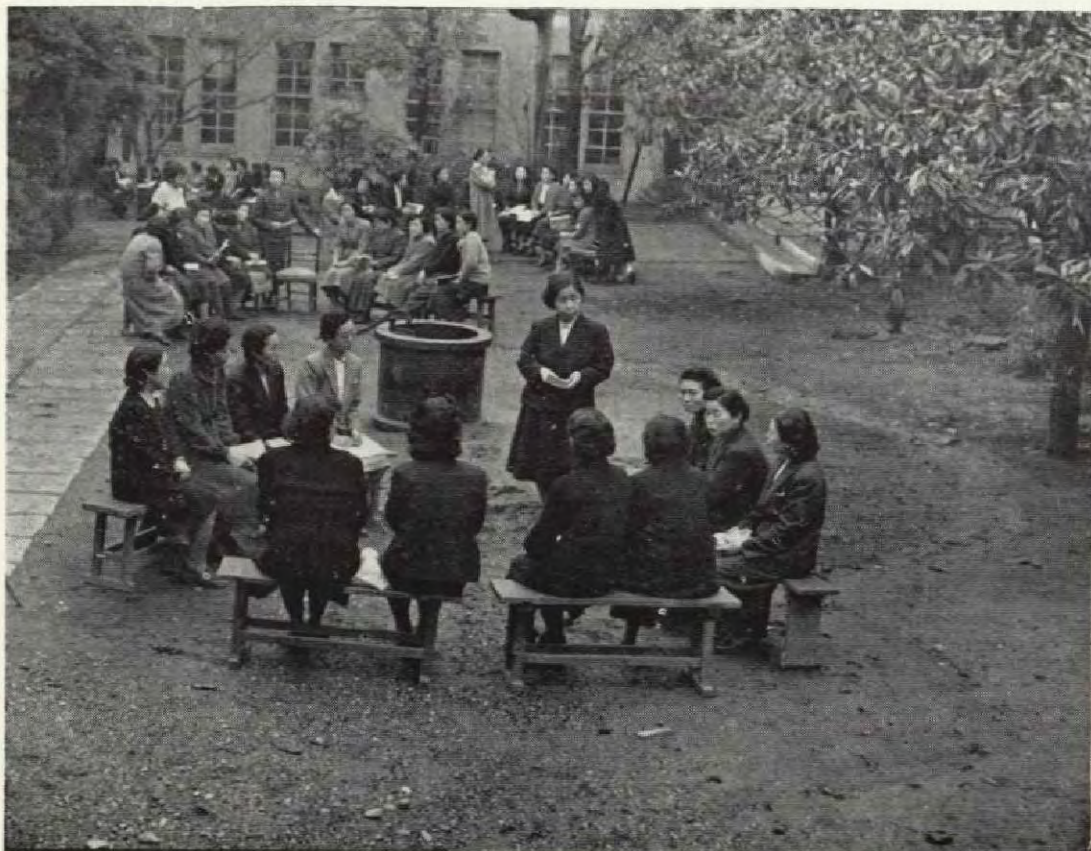


The specialist makes demonstration cards, some materials, and holds demonstration for advisers, to give them new techniques.



There are many opportunities for in-service training for home advisers and specialists. Regional, prefectural and area training conferences are held for home advisers in order to solve their problems as well as to evaluate methods and the activities.

Specialists have the national conference to get up-to-date information in various fields.



In workshop home advisers get technical knowledges while they are exchanging ideas. They learn how to adapt information to the field as well as how to display material effectively.





Once a year, there is held a home improvement achievement meeting with exhibition. The group members exchange their experiences, by talking together and showing their improved pieces.



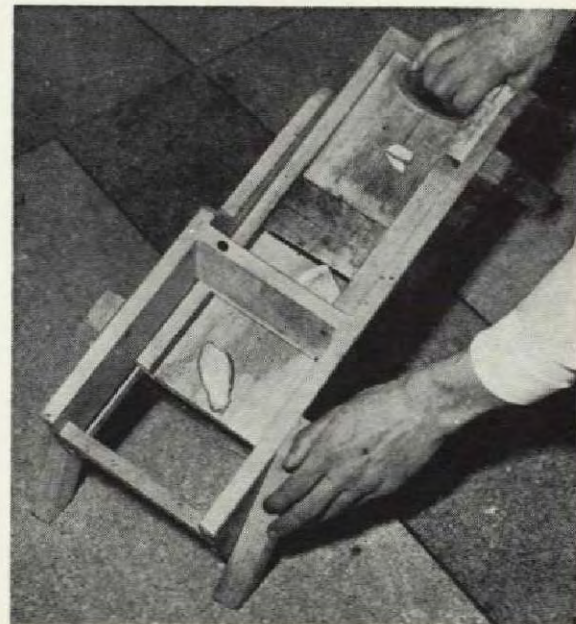


# *Display at an exhibition*

A cabinet made of disused clothing boxes.



A washing machine made of  
a disused cask, equipped with  
a farm motor.

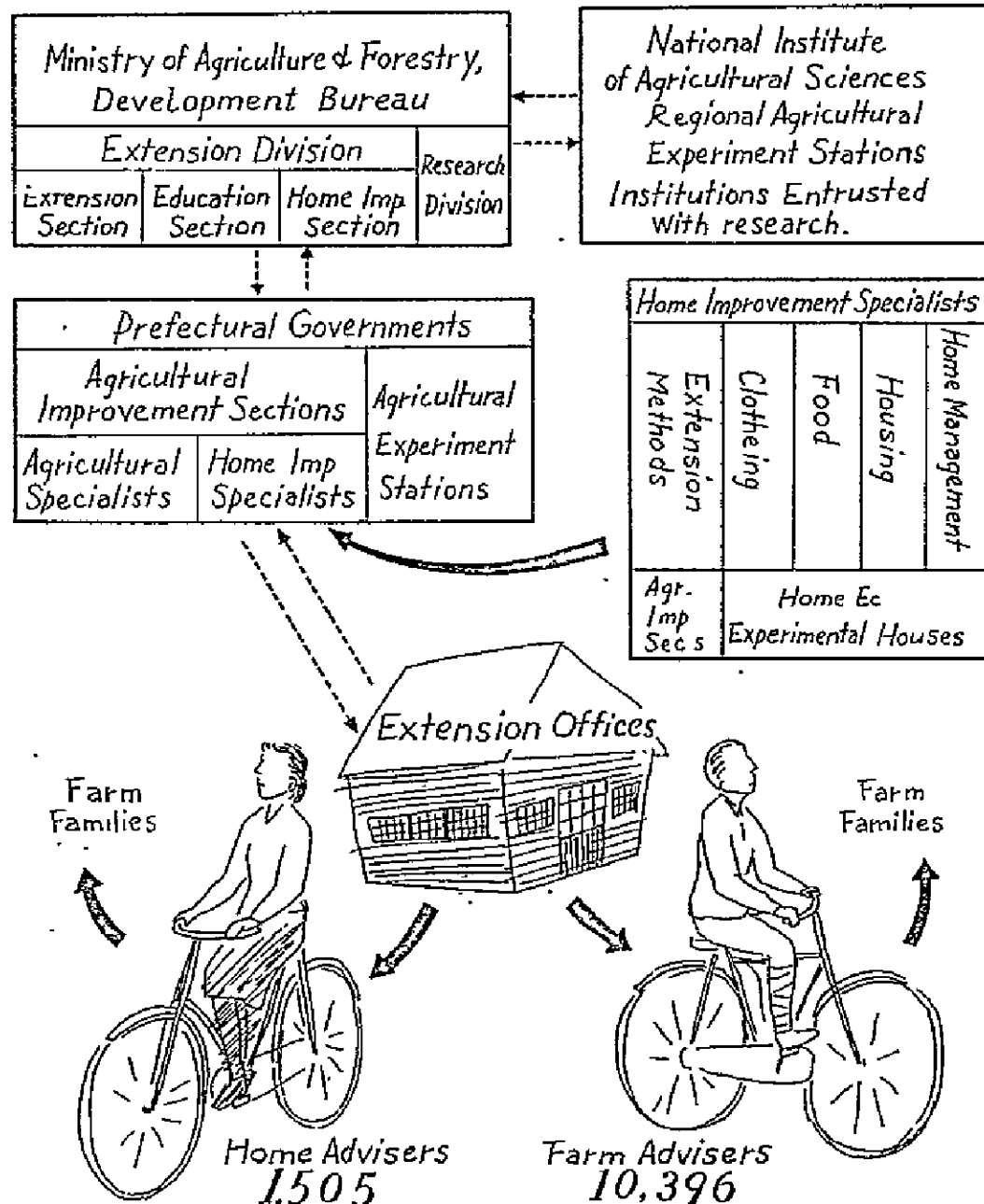
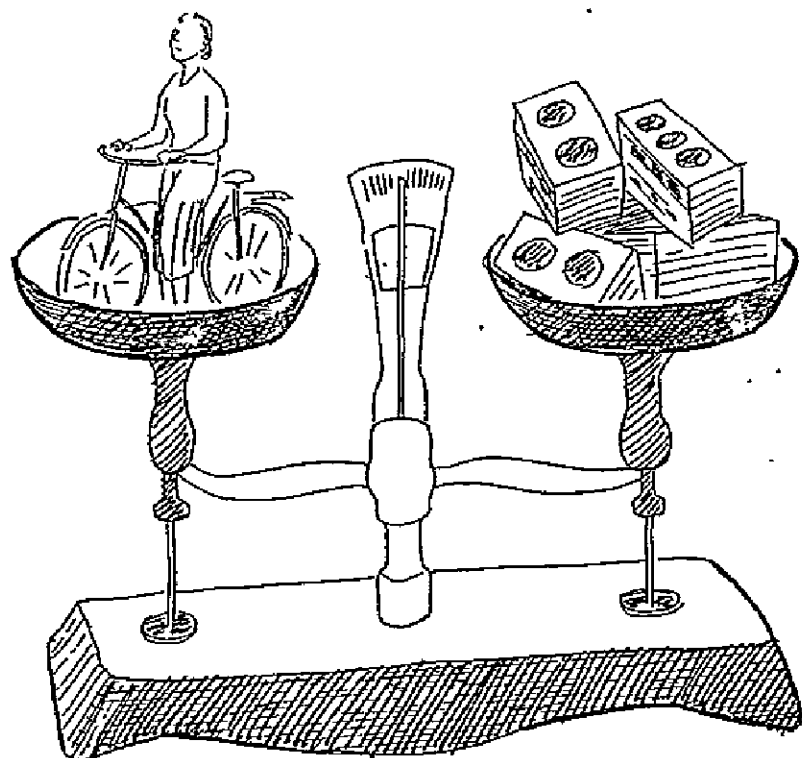


A potato cutter.



Total expenses for the Home Improvement  
Extension Service during fiscal year 1956  
—230,517,000 yen—

Expenses for each home adviser.	Amount of expenses saved by improving 37 kitchen stoves.
182,304 yen per year	182,304 yen per year





Home Improvement Section, Extension Division.  
Development Bureau,  
Ministry of Agriculture and Forestry,  
Japanese Government.